

[Preschool/Elementary]

A Healthier Mind is a Happier Life!

Mental health problems are medical conditions and need to be addressed early by licensed medical professionals. See a doctor right away if you see any of these signs:

- Excessive fears, worries, or crying
- Extreme hyperactivity
- Sudden, hard to explain changes in behavior or mood
- Trouble sleeping
- Persistent nightmares
- Unexplained aches and pains
- Extreme disobedience or aggression
- Several temper tantrums daily
- Persistent difficulty separating from parent
- Seeing or hearing things that are not there
- Destructive Behavior
- Constantly threatening to run away
- Withdrawal from friends or family



AMERICAN MENTAL
WELLNESS ASSOCIATION